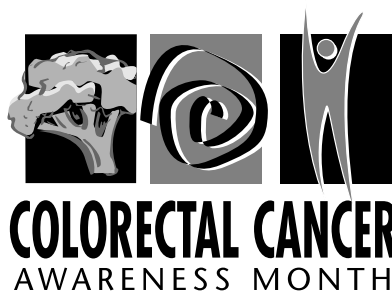


7 STEPS TO LOWERING YOUR RISK OF COLORECTAL CANCER

- 1** Get regular colorectal cancer screening tests beginning at age 50. If you have a personal or family history of colorectal cancer or colorectal polyps, or a personal history of another cancer or inflammatory bowel disease, talk to your health care provider about earlier screening tests.
- 2** Eat a diet rich in fruits and vegetables and whole grains from breads, cereals, nuts and beans.
- 3** Eat a low-fat diet.
- 4** Eat foods with folate such as leafy green vegetables. A daily multivitamin containing .4 mg of folic acid may also be helpful.
- 5** If you use alcohol, drink only in moderation.
- 6** If you use tobacco, quit. If you don't use tobacco, don't start.
- 7** Exercise for at least 20 minutes three to four days each week. Moderate exercise such as walking, gardening, or climbing steps may help reduce your risk.

March is National Colorectal Cancer Awareness Month, founded by the Cancer Research Foundation of America in collaboration with many partner organizations. Talk with your health care provider about colorectal cancer. Colorectal cancer is preventable, and is easy to treat and often curable when detected early. Ask your health care provider what kind of screening test you should have and when.



Preventable. Treatable. Beatable!
Founded by the Cancer Research Foundation of America

**To learn more, call 1-877-35-COLON or visit our Web site at
www.preventcancer.org/colorectal**